

ESPEN guideline on nutrition and hydration in dementia – Update 2024

Dorothee Volkert

Standards and Guidelines

Small Intestine & Nutrition

May 7, 2024

The ESPEN guideline update provides 40 evidence-based recommendations for nutritional care of persons with dementia to prevent and treat malnutrition and dehydration.

KEY POINTS

- Organizations caring for persons with dementia should employ sufficient qualified staff, offer attractive food and drinks with choice in a functional environment, and base nutritional care on written care concepts with standardized procedures.
- Routine screening for malnutrition and dehydration, nutritional assessment, and close monitoring are recommended at the individual level, with oral nutrition supported by eliminating potential causes and providing adequate social and nursing support including assistance, utensils, training, and oral care.
- Oral nutritional supplements are recommended to improve nutritional status but not to correct cognitive impairment or prevent cognitive decline, while routine use of dementia-specific supplements, ketogenic diet, omega-3 fatty acids, and appetite stimulants is not recommended.
- Enteral and parenteral nutrition and hydration are temporary options in mild or moderate dementia but not recommended in severe dementia or terminal phase of life, with an individualized comprehensive approach required in all disease stages.
- Most recommendations are good practice points due to lack of appropriate studies, and future high-quality research is needed to clarify the evidence.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/7d868452-37a2-11ef-90ab-0242ac140004>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.